

## World Suicide Prevention Day 2023 – 10<sup>th</sup> September

#WSPD2023 #WSPD23

[www.iasp.info/wspd/suggested-posts/](http://www.iasp.info/wspd/suggested-posts/)

[www.startaconversation.co.uk/](http://www.startaconversation.co.uk/)

Through our #StartAConversation campaign we would like residents and communities across Leicester, Leicestershire, and Rutland to be more aware of the warning signs of suicidal behaviour and to have more open and honest conversations about mental health and suicide. In this way we can work together to prevent suicide and support the mental wellbeing of our local communities.



### Social media posts examples:

Message	Channel
<p>Today marks World Suicide Prevention Day 2023.</p> <p>We all have mental health and as we go through life it can change depending on what's happening around us.</p> <p>Starting a conversation with someone can be the first step in connecting and potentially saving a life </p> <p>Reach out to someone today and start a conversation. Visit our Start a Conversation website for advice on having a chat about mental health or suicide ↓ <a href="http://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p>	Facebook LinkedIn Nextdoor
<p>Today is #WorldSuicidePreventionDay</p> <p>Starting a conversation with someone can be the first step in connecting and potentially saving a life. Reach out to someone today and start a conversation </p> <p>Visit for more advice on talking ↓ <a href="http://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p> <p>#WSPD2023</p>	Twitter
<p>It may or may not be possible to tell that someone is struggling with thoughts of suicide, but one way to find out is to start a conversation if you are worried.</p> <p>Check in with a friend, family member, colleague, team mate today </p> <p>Together we can prevent suicide!</p> <p>Visit our Start a Conversation website for advice on having a chat about mental health or suicide ↓ <a href="http://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p>	Facebook LinkedIn Nextdoor
<p>It may or may not be possible to tell that someone is struggling with thoughts of suicide, but one way to find out is to start a conversation if you are worried.</p>	Twitter

<p>Talk today and help prevent suicide 🧡</p> <p>Visit for more advice on talking ↓  <a href="http://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p> <p>#WSPD2023</p>	
<p>Having thoughts of suicide can be scary, confusing, overwhelming, but remember you are not alone 🧡</p> <p>It's brave to think about reaching out for help and people are waiting to give you a helping hand. Reach out today.</p> <p>For help finding local services that can offer support visit our Start a Conversation website ↓  <a href="http://www.startaconversation.co.uk/find-help">www.startaconversation.co.uk/find-help</a></p>	<p>Facebook  LinkedIn  Nextdoor</p>
<p>Having thoughts of suicide can be scary, confusing, overwhelming, but remember you are not alone 🧡</p> <p>Reaching out for help is brave, you can do it.</p> <p>Visit for more advice on finding help ↓  <a href="http://www.startaconversation.co.uk/find-help">www.startaconversation.co.uk/find-help</a></p> <p>#WSPD2023</p>	<p>Twitter</p>

YouTube video: <https://youtu.be/l6Yai4Sjil>

Graphics:

